SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 18th April 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 18 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sun 22 **London Marathon**

Tue 24 **Track Session with Steve Smythe** **see below**
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, £2.55

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

Vests/kit – a selection of tops is always available at the club on Wednesday nights (£15 each)

In your *SHORTS* this week !

2 Fixture List
3/4 Relays
4 Marathon info, runners etc
5… Race reports & results
8 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Apr 22 London Marathon
May 3 Assembly League Blackheath
full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **Mick Ward** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Steve Wehrle	18/04
Kevin Wood	25/04
Clare Wyngard	02/05
Lindsey Annable	09/05

Wednesday Running Maps

On page 8 in SHORTS you will find a copy of the map for this weeks runs.
There will still be some available at the clubhouse , but it would help if you can print your own copy and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			Event		Venue
Apr	Sun	22	Marathon	L	London or alternative
May	Thu	3	Blackheath Assembly League		Blackheath Park start 7:30
	Sun	6	1066 Relay		
		19/20	Green Belt Relays		
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Hackney start 7:30
		9/10	Welsh Castles Relays		
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country.

These are:

20 October, Lightwater

10 November, Roundshaw Down

12 January, Cranford

9 February, Wimbledon Common

The dates for the women's fixtures will be the same, apart from the second one which is likely to be on 1 December. Venues to be confirmed, though the final match will be at Denbigh's Vineyard. – **Mike**

DULWICH RUNNERS

2012 CLUB CHAMPS

The races comprising the 2012 club champs have been selected. Dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range.

This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

ASSEMBLY LEAGUE:

UPDATE

The club pays for the subscription, so these races are free of charge to runners. A number of other venues have been changed this year and are listed below. Note that the remaining races start at 7.30pm, with the exception of the final fixture at Beckenham, which reverts to a 7.15pm start. *Mike*

- 3 May, Blackheath Park
- 7 June, Victoria Park, Hackney
- 5 July, Battersea Park
- 2 August, Dulwich Park
- 6 September, Beckenham

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! – **Ros**

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Kent Grand Prix and Championship Races

6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events – full results in spreadsheet sent with SHORTS

1066 RELAY, 6 MAY

A list of the composition of the 6 teams entered for the 1066 Relay, together with provisional leg allocations is included below. If anyone who has requested to take part is missing from the list or if anyone else would like to take part, please let me know as soon as possible.

Also if any of you have to withdraw as a result of injuries, please inform the Relayers Team as soon as you know. If numbers change, it is possible that there could be some doubling up with runners competing for 2 teams (allowable under the rules), as well as some reallocation of legs. A request for volunteers willing to run 2 legs, if necessary, has already been sent to those competing. *The Relayers Team*

PROVISIONAL TEAMS AND STAGE ALLOCATION

Team 1 (SW)		**Team 2 (SM1)**		**Team 3 (MV1)**	
Alexie Shaw	2	Mike Williams	4	Gary Sullivan	1 or 5
Emma Ibell	4	James Godber	1 or 5	Mike Mann	1 or 5
Sue Cooper	3	Wayne Lashley	2	Chris Loizou	2
Mel Edwards	1 or 5	David Beaver	1 or 5	Steve Williams	4
Kim Hainsworth	1 or 5	John Fletcher	3	Russell Daker	3
Team 4 (FV)		**Team 5 (SM2)**		**Team 6 (MV2) from**	
Angie Norris	2	Jozef Danko	1 or 5	Andy Murray	2
Louisa Prichard	1 or 5	Jose Barretta	2	Ian Sesnan	1 or 5
Claire Tinker	4	Ebe Prill	4	Colin Frith	1 or 5
Stephanie Burchill	3	Martin Morley	1 or 5	Ameet Patel	1 or 5
Jo Shelton	1 or 5	Alastair Young	3	Joe Brady	4
				Lloyd Cater	3

Stages

1- Pevensey to Herstmonceux 6.42m
2 - Herstmonceux to Battle Abbey 11.1m
3 - Battle Abbey to Kent Street 3.0m
4 - Kent Street to Icklesham 7.05m
5 - Icklesham to Rye 5.5m

GREEN BELT RELAY, 19-20 MAY

Members of the two teams entered for this year's Green Belt Relay, together with reserves, have now been selected and notified. In selecting teams we have sought to achieve a balance between those who have supported the event over the years and newcomers to the relay or club.

There are a small number of reserves for the mixed vets team and rather more for the seniors team, and we have asked reserves to keep the weekend free, if at all possible, as past experience indicates that we will need to draw on some of them. If anyone else, who has not put their name forward and is willing to stand as a reserve, particularly for the mixed vets team (age 40+), please contact one of us in the Relayers Team.

Who is running the spring marathons ?

So people know who to look for & when

1. which one are you doing– with date
2. what sort of time are you aiming for
3. if you will be will wearing a Dulwich vest or if charity vest , which one

Send to – claire.steward@kcl.ac.uk

Also there will be a list on next weeks notice board for people to add to

Those wanting to support our runners in Sunday's London marathon at the 171/2 mile point, please meet us outside Canary Wharf station at 10 a.m. Our runners will appreciate your support

London Marathon
Support and apres drink.

Sunday April 22nd. is London Marathon Day and traditionally Dulwich Runners get out on to the course and support our runners. Most of you will have your own favourite spots to support from but if not, why not come and join us at 17 miles approximately, where it is not overcrowded.

This point can be reached from Canary Wharf Station (Jubilee Line from London Bridge or DLR from Lewisham, Greenwich etc,) and a 5 minute walk. It is also easy to get back to The Marquis pub in Chandos Place (a 3 minute walk from Charing Cross Station) where we can meet our runners and celebrate.

This is directly opposite the station via Adelaide Street which is paved.

You will need to be at the support point by 10.0 a.m. to see the lead runners.

Please try to get out on the course. Your support means so much to our runners. Thanks.

Ron Searle

London Marathon – 22 April

Name	Est. Time	Vest
Charlie Lound	2:45	Dulwich
?Mike Williams		
Tom Marshall		
?Steve Smythe		
?Emily Gelder		
?Alexie Shaw	3:00	
?Nicola Hill		
Steve Ackroyd ?	Injured ?	
Catherine Lee	3:05	Great Ormond Street (purple)
Ola Balme	3:15	Dulwich
Andy Murray	3:15	Dulwich
Chris Loizou	3:30	Dulwich
Mel Edwards	3:20	Dulwich
Paul Devine	3:35	Team PB white, pink & blue trim
Claire Steward	3:30	Dulwich
Joanne Shelton	3:50	Dulwich
Christian Moody	4:00	AVMA
Pat McMorrow	4:00	Help the Hospices
Barrie J. Nicholls	4:00	Dulwich
Steve Street	4:25	Dulwich
Xavier Pujol	4:50	Dulwich
Mark Paine	4:30-5:00	Wellchild (pink/purple)
Emily Wheeler	4:30-5:00	Whizz Kidz
Steve Wehrle	4:30	Dulwich
Roy Hibberd	5:20	?

Plus: Ajay (Brighton), Lloyd Clater (Paris), Clare Osborne and Jozef Danko (Shakespeare Marathon), Anna Thomas (Milton Keynes), Jose Barretto (Manchester)

Race Reports & Results

5km Results for April 14th

The Parkrun organisers encourage the wearing of club vests. So if you have one please wear it and help promote the club. Vests and other club kit can be obtained by contacting Ros ros@28kerfield.freeserve.co.uk

FIRST DULWICH PARKRUN 14TH APRIL

Chris Vernon writes...The joy of the first parkrun is that everyone gets a pb and the following Dulwich Runners were awarded age-group records: Chris Loizou, Ros Tabor, Chris Vernon, Stephanie Burchill and Susan Vernon. Fourteen Dulwich Runners took part, including occasional parkrunners John O'Byrne and Barrie John Nicholls and we welcomed old friends, Tony Gallagher (doing his 41st different parkrun) and Jo Quantrill. There were also other Dulwich Runners helping as marshalls.

Even though the event permitted maximum of 150 was exceeded, the first run was not as grim as predicted, probably due to the chilly, unpredictable weather which kept the crowds down in the park. A 3 lapper meant that I faced the unpleasant experience of being lapped by the top 20 runners (thanks Alex Elms!). There were the usual hoards of dogs off the lead and 20 British Military Fitness bootcampers wandered straight across my path without looking. The event could do with a lead cyclist with a bell and some positive marshalling on the busy corners. There was only one scanner at the finish which resulted in a long queue but I am sure that this will be sorted out.

Newham Classic 10km, April 15

Another race, another short course! It appears that one of the turns on the course wasn't where the measurer said it should be. The organisers claim it was around 400m though a few Garmin's had it around 200m out. After initially stating the course was fine they issued adjusted times on Monday. Tony had a good run and thought it was worth sub-35. Deborah Niccol would have got a big PB had it been the right distance anyway. Clare Elms showed improved form on the 5 mile the week before and succeeded in her aim to be first vet which won her £100.

18	Tony Tuohy	33:51(organiser adj.time: 35:16)
23	Deborah Niccol 3W	(2nd claim) 35:23 (36:52)
26	Clare Elms 4W	35:57 (37:27)
243	Paul Keating	46:58 (48:56)

Everyone was happy with their runs and a winning time of 16.48 will show that the course is fast and flat which will result in even more runners and a big headache for the organisers.

12	Chris Loizou	18:43
20	Alex Elms	19:21
39	Jim Dowsett	21:06
42	William Timmins	21:23
46	Ian Sesnan	21:36
48	Ros Tabor 2W	21:50
53	Claire Steward 3W	22:32
59	Ameet Patel	22:44
86	Barrie John Nicholls	24:44
128	John O'Byrne	28:11
132	Chris Vernon	29:10
148	Susan Vernon 50W	31:03
149	Jo Quantrill 51W	31:04 (2nd claim
150	Stephanie Burchill 52W	31:04

161 ran

Bromley

8	Duncan Hussey	18:38
26	Mike Fullilove	20:05
36	Oscar Hussey	20:40
53	Colin Frith	21:26
93	Martin Morley	23:29

324 finishers

Brockwell

The two runners who didn't desert Brockwell for Dulwich both set PBs.

21	Neville Webb	19:26 (PB)
24	Mark Foster	19:40 (PB)

166 finishers

Crystal Palace

Ben Fairhall gained another win and set a PB with Mike Williams also setting a PB in second.
Will Davis, who does no other races, was fourth Alexie Shaw was first woman.

1	Ben Fairhall	16:49 (PB)
2	Mike Williams	17:51 (PB)
4	Will Davis	18:45
5	Alexie Shaw 1W	19:15 (PB)
17	Bob Bell	22:08 (PB)

78 finishers

Highgate 3000m, April 11

Debbie Niccol set a PB and ran her first-sub 10 3000m

9	Debbie Niccol 1W	9:57:7

Thames Towpath 10 – 15th April 2012

Claire Steward writes: A ten mile race one week before the marathon is not textbook preparation but I really enjoy this event with its views of the river Thames. The course, although pretty flat apart from crossing the river twice at Chiswick Bridge, is not super fast with the start and finish around a playing field, gravel and uneven sections together with dog-walkers and cyclists along the towpath, a flight of steps up to street level at Twickenham Bridge, and the usual road works to negotiate.

A women's rowing team nearly decapitated the runners just ahead of me when they decided to hoist their boat aloft and walk it across to the river; only the marshal's cry stopped them in their tracks for long enough for us to dart round in front of them. The weather was sunny but cold with a headwind which seemed to change direction so that I was always running into it. Joanne and I both achieved our declared pre-race intention to run a steady evenly paced race, and Barrie John looked strong as he came up to the finish.

I now have an eighth Fuller's pint glass to add to my collection and was delighted to retain my position as first FV55 for the fourth time; surely there must be someone waiting for their 55th birthday before next year's race.

145 Claire Steward	75:36 (1st FV55)
202 Jo Shelton	79:07 (PB)
291 Barrie J. Nicholls	84:37

HHH OPEN TRACK MEETING,14 APRIL

At the first HHH open meeting of the season, I entered the 3000m. There 25 starters including a number of mini-marathoners using this as a practice event for next Sunday. As is often the case at these meetings, I found myself competing against runners around a fifth of my age.

I ended up 15 seconds slower than my previous outing on the indoor track in March, though managed to pick off a few of the youngsters towards the end, including one who I beat by a short nostril after a blast down the home straight (by 4 hundredths of a second), similar to the Grand National winning margin. ***Mike***

3000m 10:59.14

Darenth valley 10k 15.04

Sunday morning came and it meant an early rise for an 08:30 start. Fortunatly the weather was perfect for an early start, a bit on the chilly side but the sun was out. The race was a sell out, (it often is) this time probably helped by a plug in a well known running magazine.

The race which had to start early upon the insistance of the local clergy started in Eynsford, went through the village of Farningham, under the well known viaduct, through the Lullingstone Estate then up a steep climb from 6.5km to 8km mark then it was all downhill back to Eynsford. 90% of the race was on metalled road the remainder (in the Estate) was off road.

Michael Fullilove lead the club home , then he was followed by Alison Taylor-Reed now running in the colours of the Vegan Runners, then it was yours truly and finally Richard J Pole, who was doing a mix of fast walking and jogging, probably power walking. An interesting incident occurred in Club HQ after the race.

I was stopped by another runner whose face "was familiar" and said that he had just joined Dulwich Runners. He introduced himself as Ben Fairhall and sid that he had just run 34 minutes. I checked out the results on the web yes Ben was there, he came second with a time of 34:49 but he was listed as a Victoria Park Runner.

First home was Ramsey Kechacha in a time of 34:25. No prizes for guessing who the first lady was..... Paddock Woods Tina Oldershaw who was 16th in a time of 38:27. - **John O'Byrne**

64	Michael Fullilove	41:59
340	Alison Taylor-Reed	53:08
481	John O'Byrne	61:08
526	Richard Pole	65:16

VETS AC TRACK RACES: 11 APRIL

My first outdoor track meeting of the summer season took place in cool and breezy conditions at Battersea Track. Although the meeting was not well supported, I was fortunate to have some competitive races.

There were only 3 runners in the 800m but I was well matched against one competitor, who I sat close behind, going through the bell spot on at 74 secs. I went past him in the finishing straight but he came back with 20m to go, but I was pleased with this early season time.

In the 1500m 30 minutes later, I slept-jogged through the middle part of the race but woke up in the last 100m with a fast finish to hold off the runner who had beaten me earlier. *Mike*

800m	2:30.8 (2nd)
1500m	5:15 (2nd)

Rotterdam Marathon, 15 April

Having dropped out of two marathons last year, I was determined to complete this one, but things had not been looking great as I hadn't done any running for the last three weeks, trying desperately to rest a last-minute injury. I was in two minds whether to even run, but a quick and pain-free jog a few days before convinced me that I might as well give it a try.

Plenty of ibuprofen and a very slow start meant that I felt great in the early part of the race, but a couple of ill-advised 7-minute miles between 25k and 30k meant that I came to a grinding halt in the last 5k. I can't exactly say I was pleased with the time - and the fact that it was a PB is more a reflection of how disastrous all my previous marathon attempts have been - but I was happy to finish in one piece, and looking forward to my next one!

Ed Smyth 3:34:25 / 3:32:43 Chip time (PB)

Assembly League 3M, Beckenham, April 12

A superb turn out of 34 and we dominated the women's event with Shona having too much strength at the moment for Clare, who was much closer than at the relays while Alexie just missed out on third by being a close fourth. Additionally Catherine, Andrea and Ola all made the top ten and meant Dulwich B beat all the other teams too,

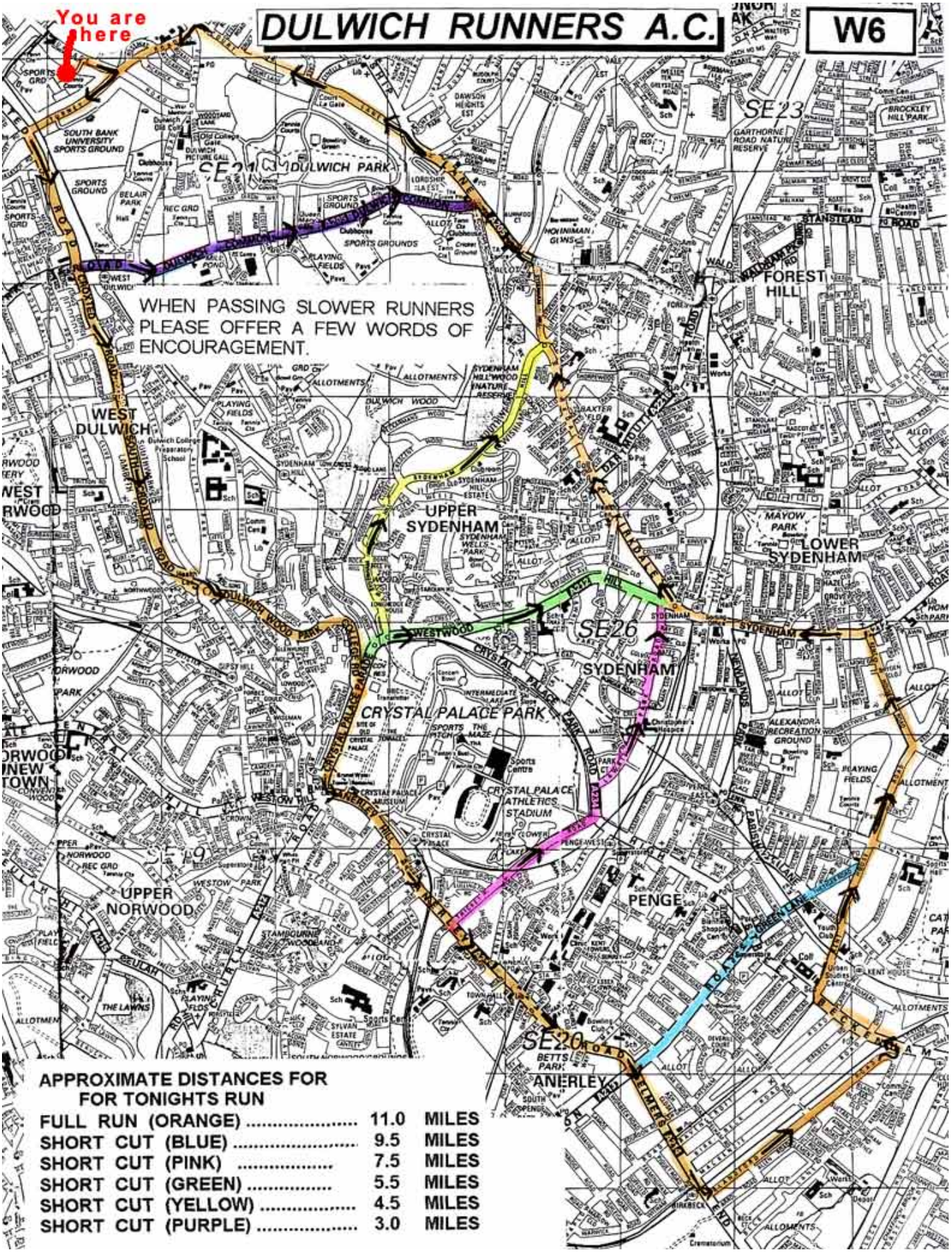
The men were fourth. There were top class runs from Ben Fairhall, Tony Tuohy and Mike Williams but we lacked a far up fourth scorer with a 87 second gap btween our third and fourth. Chris Loizou was the fourth and ran well and was first M50 while Mike Mann was first M60 and it was good to see Colin Bailey Wood compete for the first time in many years.

The race was supposed to be 5km as the usual hill finish was extended but it was short, being about three miles, so approximately 30 seconds short.

8 Ben Fairhall	15:44
15 Tony Tuohy	16:12 (2M40/1M45)
17 Mike Williams	16:22
27 Shona McIntosh 1W	16:59
33 Clare Elms 2W	17:18 (1W45)
39 Chris Loizou	17:49 (1M50)
41 Alexie Shaw 4W	17:51
42 Duncan Hussey	17:56
52 Steve Smythe	18:20 (3M50)
54 Jose Barretta	18:26
57 Mike Mann	18:34 (1M60)
58 Mike Fullilove	18:48
62 Catherine Lee 7W	18:54
64 Chris Treble	18:54
65 Andrea Pickup 8W	18:55 (2nd vet)
73 Ola Balme 9W	19:20 (2W45)
79 Colin Bailey Wood	19:36
84 Oscar Hussey	19:50
92 Andy Murray	20:07
97 Ian Sesnan	20:21
97 Ian Sesnan	20:21
108 Colin Frith	20:51
111 Ros Tabor 21W	21:00 (1W60)
112 Mick Ward	21:01
115 Mel Edwards 22W	21:10
117 Martin Morley	21:10 (3M60)
124 Joseph Brady	21:28
128 Claire Steward 26W	21:38 (2W60)
139 Mike Dodds	22:13
149 Barrie-John Nicholls	22:46
158 Kev Wood	23:09
162 Charlotte Bailey Wood 38W	23:25
173 Francesca Pickup 46W	24:39
180 Stephanie Burchill 48W	25:29
190 John O'Byrne	27:09

Men TEAM: 1 Kent 33; 2 Stock E 60; 3 VPHTH 69; 4 **Dulwich 74**; 5 Camb H 89

Women: TEAM: **1 Dulwich 7; 2 Dulwich B 24**; 3 Eton M 32; 4 Kent 37; 5 Beck 54; 6 Serp 8


DULWICH RUNNERS A.C.
W6
You are here
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
SE21
SE23
SE26
SE19
SE20
DULWICH PARK
WEST DULWICH
UPPER SYDENHAM
LOWER SYDENHAM
SYDENHAM
FOREST HILL
CRYSTAL PALACE PARK
CRYSTAL PALACE ATHLETICS STADIUM
UPPER NORWOOD
PENGE
ANERLEY
SOUTH BANK UNIVERSITY SPORTS GROUND
SPORTS GROUND
BELAIR PARK
DULWICH WOOD
SYDENHAM HILL WOOD NATURE RESERVE
GARTHORNE ROAD NATURE RESERVE
BROCKLEY HILL PARK
MAYOW PARK
ALEXANDRA RECREATION GROUND
STAMBOURNE WOODLAND
THE LAWNS
BETTS PARK
APPROXIMATE DISTANCES FOR
FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 11.0 MILES
SHORT CUT (BLUE) ..... 9.5 MILES
SHORT CUT (PINK) ..... 7.5 MILES
SHORT CUT (GREEN) ..... 5.5 MILES
SHORT CUT (YELLOW) ..... 4.5 MILES
SHORT CUT (PURPLE) ..... 3.0 MILES